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The opinions expressed here do not necessarily reflect the views of every panelist each month. The Health Sciences Institute acknowledges occasional differences of opinion among panelists and welcomes the exchange of differing points of view.

Discovered: The long-hidden Siberia secret to jitter-free energy and vitality fights crushing fatigue

by Michele Cagan

You're tired... dragging...weary. You feel like sleeping all day, but you can't sleep well at night.

Concentration seems impossible. You're groggy and jittery all at once. Your joints and muscles ache. Those senior moments are frustrating you more than ever.

And your doctor just can't seem to figure out the problem.

That's because most doctors overlook this well-hidden energy thief. And if left alone, it can rob you of every last ounce.

So if you're tired of slogging through your days wishing you were back in bed... tired of the brain fog, the blue moods, the vanishing sex drive...

You need a way to truly restore your energy—not just get a quick jolt that leaves you more tired than you were before.

And we've found it, a long-hidden Siberian secret that can revitalize your dwindling energy supply, and help those other miseries fade away, all without the jittery spike of stimulants like caffeine.

Don't let fatigue crush your life

If you're tired of missing out on life because you're just too exhausted to join the party, it's time to turn things around.

Imagine never being too tired to play with your grandchildren.

Or being able to get through your whole to-do list without needing a nap.

And how great would it feel to have all that energy but also calm, jitter-free nerves so you can fall asleep easily at night... and wake up feeling refreshed and vital?

That is all more than possible, thanks to a dedicated doctor and his rejuvenating discovery.

Russian doctor discovers the secret to jitter-free energy...

It was just after World War II when Dr. Israel Brekhman—soldier, doctor, scientist—found himself in the far eastern part of Russia, Siberia. There, he observed Siberian villagers drinking health tonics to increase vitality and longevity. These traditional energy beverages were fortified with local herbs, roots and shrubs... and especially one particular plant.

Dr. Brekhman soon realized that these tonics were more than simple “folk medicine,” and that the most special plant held a secret strength. Without realizing it, those Siberian villagers had been tapping into the balance of power.

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Our Mission

The *Health Sciences Institute* is dedicated to uncovering and researching the most urgent advances in modern underground medicine.

Whether they come from a laboratory in Malaysia, a clinic in South America, or a university in Germany, our goal is to bring the treatments that work directly to the people who need them. We alert our members to exciting breakthroughs in medicine, show them exactly where to go to learn more, and help them understand how they and their families can benefit from these powerful discoveries.

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Siberian secret to jitter-free energy

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When he began to study it in detail, Dr. Brekhman discovered something astonishing: This plant “knows” exactly how much energy you need, and adapts itself to supply just that much.

So if you’re feeling completely wiped out, it gets you up and moving. And if you need just a little pick-me-up to get through the afternoon, it gently coaxes a slight energy boost to sustain you. It’s as if this Siberian plant assesses your energy need, and fulfills it.

With no jolt, no jitters, no crash-and-burn aftermath.

So why don’t all your friends already know about it?

But the secret stays hidden for decades

It’s infuriating. Dr. Brekhman’s discovery *should* have been front-page news in America.

Unfortunately, his incredible findings were made during the Cold War, and this advantageous discovery wasn’t openly shared.

But the Soviets jumped on the information, and have been quietly capitalizing on Dr. Brekhman’s Siberian secret for decades.

They’ve given it to their Olympic athletes. And to their astronauts during extended space missions. Even their military leaders use it.

And its primary power comes from balance, the ability to help your body through any situation. The ability to adapt...

Now this powerful energy-balancing herb comes to you as the centerpiece of a truly revitalizing formula called Peak Adrenal X6.

Your doctor may not know the secret to perfectly balanced energy

It’s all about balance, a very delicate balance between just enough energy and nerve-shattering overdrive

The secret to restoring that energy balance hides in two tiny glands set just above your kidneys: your adrenal glands.

And, unfortunately, very few doctors even consider the adrenal glands when you talk to them about fatigue. That’s a big mistake, because these tiny glands hold the key... to your very survival.

That’s what the adrenal glands were designed for, to keep you alive in times of danger. And they worked well when the danger was immediate (like a man-eating beast that just found dinner), but passed quickly—a classic flight or fight scenario.

But stress is very different nowadays. It can be just as intense, but it rarely passes as swiftly. In fact, most of us are burdened by almost constant stress:

- Waiting for what feels like (and may actually be) hours for the doctor to call you in
- Unreasonable demands at work
- Traffic jams
- Illness, either your own or someone else in your household
- Money

It’s nearly impossible to avoid, and it almost never stops. And that can get your adrenal glands in quite a jam, and make you feel like energy is on backorder.

Fight... flight... calm down

When your adrenal glands get the stress signal, they kick into survival mode, producing protective hormone surges to keep you safe. Once the “danger” has passed, they send a calming hormone so you can relax.

When you feel an intense energy surge, that’s adrenaline sent by (of course) your adrenal glands. Next comes cortisol, the stress hormone. Together, they

- sharpen your mind

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Don't fall victim to the "purple pill!"

Try this safe, effective acid reflux cure your doctor *isn't* prescribing

by Michele Cagan

Hearthburn... bloating... cramping... gas... diarrhea...searing abdominal pain

If you have any of these symptoms—and you probably do—you'll want to keep reading.

An unprecedented 74% of Americans suffer from gastrointestinal (GI) distress... from mild heartburn to burning, bleeding peptic ulcers to crushing colitis. That's nearly everyone you know. And with so many people suffering, Big Pharma came up with highly profitable blockbuster solutions.

Those drug company solutions can actually make things worse, much worse, inflicting more damage, even while temporarily appearing to help.

But they're FDA-approved, and increasingly prescribed by doctors *despite* the growing body of evidence questioning their effectiveness and piling up proof of their dangerously damaging side effects.

The real solution is being hailed around the world... but not here in the U.S.

So if you want to feel better *and* get better, you'll want to try this proven fix that works without causing any harm.

Acid reflux epidemic flattens its victims...

Heartburn, acid reflux, GERD.

These conditions aren't all exactly the same thing (heartburn and acid reflux are occasional, GERD is chronic and more severe), but they all make you feel like you're insides are full of molten lava.

That lava feels like it's moving up, through your abdomen, through your chest, even up into your throat and mouth, where it leaves that sour taste.

This happens when your GI tract malfunctions and sends stomach and bile back the wrong way.

It seems like the solution should be to block that acid at the source.

But that's actually the worst thing you can do.

And blocking acid will not solve this problem

You're not going to believe the next thing I tell you:

Heartburn, acid reflux, and GERD—these diseases are not caused by stomach acid.

They're actually a mechanical problem, caused by the valve between your esophagus and stomach. That valve is supposed to open when food and beverages are heading down to your stomach, and then close tightly to block any acids from coming back up. When that valve is doing its job, you could have a vat of acid in your stomach and never even know it.

"Killing off stomach acid is a serious mistake with long term consequences, the genesis of all sorts of problems."

—Allan Spreen, M.D.

But when that valve opens at the wrong time, when there's food or stomach acid right near the wrong side of the opening the result can be reflux. And if that happens a lot, it causes full-fledged GERD.

Lowering stomach acid levels and blocking acid production can actually make this problem worse, changing the entire natural environment of your

whole GI system, and setting you up for a lifetime of misery.

The *H. pylori* plague: Could it be caused by low acid?

You may have heard of particularly persistent bacteria called *H. pylori* (*Helicobacter pylori*), a very nasty bug that causes damaging peptic ulcers in the stomach and intestines.

That is exactly as painful as it sounds. And it strikes close to half a million Americans every year.

These bacteria directly damage the protective mucous coating your stomach and intestines. With your defensive shield broken through, harsh stomach acid is free to attack the tender tissue underneath, creating those agonizing peptic ulcers.

And while that makes it seem like stomach acid is the bad guy—it's not. In fact, *H. pylori* can't thrive in an acidic environment. And one of the bacteria's key survival skills is to neutralize stomach acids to create a more neutral pH setting where it can colonize.

So why does the mainstream therapy include proton pump inhibitors (PPIs), a class of acid blocking drugs, instead of a compound known to disrupt that neutralizing activity so the *H. pylori* can't breed?

The frightening truth about PPIs

Acid-blocking PPIs are among the top selling drugs in the world, bringing in more than \$12 billion last year in the U.S. alone.

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- heighten your mood
- supply extra energy

All the tools you need to survive an immediate danger. When the “I’m safe” signal is received, your adrenal glands stop producing those danger hormones to let your body calm down.

But when the stress is ongoing, and your adrenals never get a clear “everything is ok” signal, things get tricky. When you’re forced to deal with chronic stress, your poor overtaxed adrenal glands overproduce danger hormones, then run out of “juice.” And you’re left running on empty.

You see, your adrenal glands are also responsible for producing a very important hormone called DHEA. Now DHEA production naturally declines as we get older... and overtired adrenal glands may speed up that decline. Dwindling DHEA levels have been associated with fatigue, low stamina, anxiety, and age-related cognitive decline.¹

So you can see the importance of supporting your adrenal glands, helping them keep your hormones in the right delicate balance. Because when they aren’t...

Nourish your adrenal glands to feel back in balance

When your adrenal glands are out of balance, the wrong hormones (like cortisol) can dominate, and slow production of other necessary hormones (like DHEA).

You may feel more nervous and forgetful, tire out faster, gain weight, sleep poorly...it can impact so much! Your sex drive may take a dive. Your muscles and joints might feel sore. You may even get some headaches. More than likely, though, you’ll feel like your get-up-and-go has just disappeared.

But nourishing your adrenal glands, and gently helping them bring those

hormones back into balance, can help ease those worries. And the Siberian secret is known for doing just that.

Siberian secret makes its way out of Russia

Dr. Brekhman started studying the Siberian secret way back in 1950s, and he soon discovered its true power: balance. Eleuthero (as it’s now known, though it used to be called Siberian ginseng) possesses the amazing ability to help your body adapt to any situation... and that’s where “adaptogen” comes from.

Adaptogens like eleuthero help your body maintain its precarious balancing act by helping your adrenal glands correctly assess every situation, so you stay in optimal health.

The Russians have long known about this herbal treasure, studying it for decades (and the research papers

remain untranslated), and using it for generations to restore precious energy in just the right way—helping the body maintain the right balance between brimming vitality and serene calm.

And with the power of eleuthero, you could be up and alert when you’re on the go, and calm and peaceful when it’s time for rest. When your body is in this balanced state, you’ll have ample sustained energy without jolts and jitters, without frantic highs and crushing crashes. You’ll see increased endurance, better concentration and memory, and you’ll just feel better all around.

The active anti-fatigue compounds in eleuthero, called *eleutherosides*, are now being studied around the world, including right here in the U.S., with some very interesting results.

Eleuthero research highlights promising anti-fatigue properties

When it comes to eleuthero research, I want to be straight with you: the research (that’s not in Russian) is limited, and the results are somewhat mixed (depending on the aim and design of the study). But for its main purpose as an adaptogen, the research seems promising. And remember, it’s just getting started (outside Russia).

A three-part animal study² testing different eleuthero extracts at different doses against a control group showed that mice given eleuthero (compared to the control group)

- could swim a longer time until exhaustion, indicating a “physical anti-fatigue” effect
- had better memory retention after sleep deprivation, indicating mental anti-fatigue properties
- had superior motor function after sleep deprivation, indicating again a physical anti-fatigue impact

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Banned: FDA outlaws “Siberian ginseng”

You won’t find “Siberian ginseng” anywhere in the U.S., not since the FDA outlawed the name back in 2002.

For seemingly arbitrary reasons, the FDA decided that only herbs “classified within the genus *Panax*” could be called ginseng—and using that word for anything else was suddenly illegal, despite the fact that Siberian ginseng had been sold and used in the U.S. without incident since the 1970s.

And just a few months ago, in November 2013, the agency published a new alert, calling for any package that said “Siberian ginseng” anywhere on the label to be automatically “detained,” no need to even check what’s inside.

To be clear, it’s not illegal to buy, sell, or use Siberian ginseng. It’s just illegal to call it that on a product label. Maybe they’ll ban “bear claws” next...

Another study³ looked at the impact of five different eleuthero extracts on lab mice. Here the researchers found that in four of the five extracts groups, the mice could swim for significantly longer times than the control group for the first two days of the study. In addition, the mice in the control group had increased corticosterone levels brought on by the swim tests, just as the researchers expected. But the mice in four of the five eleuthero groups had significantly smaller increases, indicating that eleuthero may have a positive impact on the stress response.

One small trial of college athletes⁴ gave us a glimpse of how this adaptogenic herb might work for people. Among other things tested in this eight-week, double-blind placebo-controlled trial, athletes taking 400 mg of eleuthero twice a day saw their endurance increase by 23%, and they were able to exercise longer before exhaustion.

Now, eleuthero is just the first fatigue-fighting adaptogen in Peak Adrenal X6, joined by three similar yet different herbs: *schisandra*, *ashwagandha*, and (believe it or not) licorice. Plus, the formula also contains vitamins C and B5, both crucial for adrenal health.

This quartet of adrenal balancers plus supportive nutrients can help restore your energy banks in what seems like no time at all.

The legendary “energy berry” of Russia’s fiercest hunters

Legend has it that hunters in the Russian wilderness would chew on a special berry during long hunts.

And that legendary energy berry quenched their thirst... vanquished their hunger pangs ... and filled them with enough energy to chase their prey all night without stopping.

When researchers finally began to analyze this berry, *schisandra chinensis*, their results seemed to be the stuff of legend.

Not only does *schisandra* help reduce

fatigue, it’s also been shown to improve mental performance. One particular study⁵ found that healthy adults taking between 1 and 1.5 grams of *schisandra* doubled their work capacity. And larger doses (as high as 3 to 6 grams per day) in healthy individuals brought on

- decreased exhaustion
- better night vision
- fewer exhaustion-related mistakes
- increased endurance
- improved quality of life

So even if you’re not gearing up for an all-night hunt, this legendary energy berry can help you find the extra vitality you need to sail through your day. And if Peak Adrenal X6 contained just these two adaptogens, your adrenal glands would be feeling the support. And we aren’t done yet...

Keeping that precious balance—DHEA increases as cortisol levels drop

The next ingredient in Peak Adrenal X6 is a special extract of the Ayurvedic adaptogen *ashwagandha*. And a groundbreaking study shows us how well this extract helps keep your adrenal hormones in proper balance.

In a 60-day double-blind, randomized, placebo-controlled clinical trial,⁶ the same ashwagandha extract you’ll find in Peak Adrenal X6 was shown to help people with everyday stress.

All of the people in the groups using

the extract—regardless of the dose—saw real improvement in fatigue, sleeplessness, and concentration, but the placebo group did not. In fact, the group taking 125 mg of ashwagandha extract twice a day saw a stunning 67.7% decrease in sleeplessness... with no morning after sleep aid “hangover.”

Plus, the subjects in the extract groups saw big reductions in their serum cortisol levels along with impressive increases in DHEA, while the placebo group experienced the opposite (their cortisol levels went up and their DHEA levels went down). The biggest cortisol drop came in the group taking 250 mg twice a day: an average 30.5% decline in serum cortisol at the 60-day mark. That same test group saw a whopping 35.2% increase in their serum DHEA levels.

How’s that for optimal adrenal balance?!

Licorice (yes, licorice) fights fatigue

Believe it or not, people throughout the world have been using licorice for thousands of years—and now we know why.

It turns out that licorice works as an adaptogen, and can help bring your adrenal glands into better balance.

The key components in this surprising fatigue-fighter are known as triterpenoids, and the Turkish licorice extract in Peak Adrenal X6 is standardized to contain 12% active compounds—meaning you’ll know exactly what you’re getting in every single dose.

Now there’s not very much research out there... yet... but what we found is that licorice may support your adrenal glands by helping your body process cortisol.

With these four historical adaptogens, Peak Adrenal X6 provides a lot of balance where you need it most. And it also supplies key nutrients, vitamins that can be depleted by stress.

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Eleuthero adapts to survive and thrive

There aren’t many plants that can pull off the same trick as eleuthero, adapting to virtually any environment to survive. It can thrive in many kinds of soil, from sand to clay to rich and loamy, whether that soil is acidic or alkaline. Eleuthero can grow in bright sunshine or partial shade... even in harsh climates like Siberia... adapting to challenge, and flourishing.

Yes, doctors still hand out PPI prescriptions like lollipops, despite the growing stack of very alarming studies.

- A brand new study¹ (not published yet when this article was written) found that IV treatment with PPIs greatly increased the chance of abnormally low platelet counts (thrombocytopenia), which often leads to internal bleeding. As soon as PPI treatment stopped, though, patients' platelet counts began to recover.
- A 2013 review² highlighted several adverse effects caused by PPIs, including increased risk of infections and kidney damage.
- Several studies clearly show that PPI drugs increase the risk of pneumonia, including the overall risk of developing pneumonia,³ a 400% increase in the risk of contracting bacterial pneumonia,⁴ and nearly doubling the risk of community-acquired pneumonia.⁵
- PPI users face a 65% higher risk of developing CDAD (*Clostridium difficile*-associated diarrhea) and infection with *C. difficile* (also called *C. diff*) than people not using the drugs.⁶
- PPI drugs deplete several essential nutrients,⁷ causing dangerous—potentially fatal—deficiencies over time. These critical nutrients include magnesium, calcium, potassium, iron, and vitamin B12.
- Earlier research found that PPI drugs are connected with muscle tissue breakdown, and such extreme conditions as polymyositis and rhabdomyolysis.⁸
- Fracture risk, including hip and spine, is substantially higher among patients taking PPI drugs⁹ These findings are bolstered by a 2013¹⁰ study that found a startling connection between PPI use and lower bone density.

With all that danger, you wouldn't think it could get worse. But it does if you're an older man.

Mature men face even higher risk

As bad as PPI drugs are, they can be even more hazardous for older men.

One large study¹¹ (66,102 subjects) found that the risk of dangerously low magnesium levels was higher in men than women, and higher in older

The best-selling drug you should not take

Despite the frightening facts about PPIs, doctors still prescribe them like candy. In fact, Nexium, the "little purple pill," gets prescribed so often that it was the second highest selling drug in 2013, bringing in nearly \$6 billion in the U.S. alone.

We talked about the horrific impact PPIs in general can have on you... and Nexium is no different, despite the cute nickname they gave it. But even if you aren't stricken with any of those disastrous side effects, you may still suffer some of the less severe ones.

- chronic inflammation of the stomach lining
- indigestion
- bloating
- shortness of breath
- tightness in the chest
- headache
- flu-like disorder
- bad, unusual, or unpleasant (after) taste
- joint or muscle pain
- seizures
- irregular heartbeat

You can find all those side effects—and many, many more—listed right on the "Purple Pill" website. Even if you don't hear about them from your doctor.

adults. What's more, critically low levels of calcium and potassium were also often found in these patients.

Deficiencies in these three essential nutrients can set you up for a host of hazardous and sometimes fatal health issues.

And PPIs hold another peril for men: increased risk of hip fractures, especially if you've just started taking the drugs, or have been on them for a long time.¹²

With all the danger studied and proven, it's clear that people shouldn't be taking these drugs, especially not for long periods of time. And especially when there's a safe, effective, proven alternative... if you know where to look for it.

The fast effective relief you won't hear about in the doctor's office

This formula works FAST.

For problems in your upper GI system, like GERD, you can feel relief in just five to ten minutes. Of course, with lower GI problems like IBS, colitis, and bleeding ulcers, it takes a little longer... because it has a longer way to travel to get to the spot where your body needs relief.

Once it gets where it's most needed, you will feel better. Plus, your fragile, damaged tissue will begin to heal.

Acid Soothe contains just what your body needs to repair and strengthen the lining of your GI tract... at the same time it brings true relief.

And just like the name implies, it has a soothing effect on acid—without neutralizing that vital stomach acid or interfering with its production. Instead, the formula buffers the acid, so it can do its crucial work without scorching tender tissue.

And that all starts with a healing compound recognized around the

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world, but not here in the U.S., especially when it comes to excruciating peptic ulcers brought on by *H. pylori*.

Japanese discovery cures peptic ulcers... and so much more

About 20 years ago, Japanese scientists discovered that linking two essential nutrients—zinc and carnosine—worked three times better together than either alone. And together, they worked to cure peptic ulcers, gastritis, and other GI disorders. The combination works so well, in fact, that the Japanese government recognizes and regulates the compound as a prescription drug used to treat ulcers.

Zinc carnosine is proven to dramatically speed up healing of *H. pylori* infection.¹³ A study of 66 infected patients, all displaying symptoms, all were given the standard “triple therapy” (two antibiotics plus a PPI) along with either zinc carnosine or placebo. All of the patients in the zinc carnosine group were cured—100%—but the placebo group had a much lower recovery rate.

A two-part study¹⁴ discovered some of the ways zinc carnosine protects and repairs sensitive GI tissue. First, researchers studied the compound in the lab, and determined zinc carnosine could

- Reduce stomach injury by 75%
- Decrease small intestine injury by 15%
- Heal those injuries three times faster
- Stimulate the movement and growth of healthy cells to the injury site

The second part of the study involved ten healthy (and brave) volunteers. Each volunteer took 50 mg of indomethacin—a drug known for causing leaks in the lining of the stomach and small intestine (gut permeability), encouraging inflammation—along with either zinc carnosine or placebo, three times a day. The group taking zinc carnosine showed no

increase in gut permeability... but the placebo group saw a 300% increase.

Further research has confirmed these healing properties, time and again proving that zinc carnosine brings significant improvement quickly for GI diseases. But that’s not where its effectiveness ends. The compound also prevents gut permeability brought on by NSAIDs (like ibuprofen and aspirin), eases heartburn and GERD symptoms, minimizes the body’s inflammatory response when *H. pylori* is present, and even prevents that bacteria from growing and colonizing.

With zinc carnosine at the center of its healing formula, Acid Soothe helps protect, repair, and (yes) soothe your entire GI tract, no matter what’s attacking.

*People suffering from
H. pylori infections have lower
zinc levels in their GI tissue...
and patients with the lowest
zinc levels endure the most
severe inflammation.¹⁵*

Soothing plants help your GI tract heal quickly

Along with zinc carnosine, Acid Soothe contains several other ingredients known to heal the GI tract in times of distress.

Marshmallow (*Althea officinalis*) contains a substance called mucilage, a soothing gel that coats the inflamed lining of your stomach. Research confirms that marshmallow relieves inflammation and irritation on mucous membranes,¹⁶ giving it great potential to treat indigestion, ulcers, and even inflammatory bowel diseases like ulcerative colitis and Crohn’s disease.

Papaya leaf promotes cleansing activity in the GI tract to remove irritating proteins, and also helps soothe inflammation.

Prickly ash helps damaged GI tissue recover.

Gotu kola is uncommonly rich in B vitamins and potassium (both of which can be depleted by PPIs), and is often used as a natural diuretic.

Acid Soothe also contains a full complement of digestive enzymes to increase the breakdown and uptake of the other healing ingredients in the formula.

Real people find real relief with Acid Soothe

When you’re suffering in pain, you want to take something that will make you feel better fast. And according to many satisfied customers, Acid Soothe does exactly that.

Gina Majors traveled overseas, and came back with “recurrent digestive problems, burping and heartburn among other issues. The good ingredients in Acid Soothe really help. They are much easier on your system than prescription pill antacids or over the counter. I even recommended these supplements to my mother who has IBS, and they have helped her.”

And Linda Hurley finds that using Acid Soothe before bed makes all the difference. “I take these at night, before bed, especially if I’ve over-eaten, eaten something I know could be troublesome, or just eaten too late. They are about 99% effective in eliminating heartburn and, even more seriously, acid reflux. If I have neglected to take them for some reason and do start to get acid reflux, I can pop a couple in the middle of the night and 15 minutes later any problems have calmed down and gone away. This formula is a little treasure, highly recommended.”

For years, Doris Simmons suffered from GI distress. “I have been having stomach problems, digestive problems and every awful thing that goes along

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Siberian secret to jitter-free energy

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Is stress using up these essential vitamins?

Along with these four centuries-old adaptogens to help keep your adrenal health in good balance, Peak Adrenal X6 contains two essential vitamins crucial to helping your body overcome fatigue.

Vitamin B5 (also known as pantothenic acid) is essential to energy production. This crucial nutrient helps your cells convert food into energy.

Vitamin C uses its well-known antioxidant powers to mop up some of the free radicals produced by your adrenal glands when they send out hormones. In fact, that's such a hot spot, you have more vitamin C in your adrenal glands than anywhere else in your body.

With that much support for your adrenal glands, your

energy will rebalance, supplying full steam when you need it, and winding down when you're ready to relax.

Peak Adrenal X6 helps conquer fatigue and restore jitter-free energy

If fatigue has you frustrated, and quick energy fixes just aren't helping, the answer could be the proven adaptogens and nourishing vitamins in Peak Adrenal X6.

The manufacturer, NorthStar Nutritionals*, suggests taking two capsules of Peak Adrenal X6 daily. You can find ordering information for Peak Adrenal X6 in your Member Source Directory below. **HSI**

Please note: HSI doesn't accept fees from outside companies for editorial coverage. However, HSI is a subsidiary of the same holding company as NewMarket Health Products, the distributor of Peak Adrenal X6. Even though we would never recommend any product we don't believe in, you should know about that relationship when deciding whether to try their products.

Safe, effective acid reflux cure

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with it, since I was about 17. My daughter-in-law gave me some Acid Soothe to try and, to my amazement, within a few days I realized that all of my symptoms were gone."

Mandy O'Rourke had this to say: "After trying Acid Soothe, in just one week I found significant relief. I have found the right product!"

And Madeline Connor got right to

the point, "I don't have to take them very often, but when I do it is immediate relief."

Conquer acid reflux, peptic ulcers, even colitis with Acid Soothe

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side effects that come with prescription acid blockers.

The manufacturer recommends taking 2 capsules of Acid Soothe, 3 times a day, at the end of every meal. Acid Soothe also may be taken any time digestive discomfort begins.

You can find ordering information for Acid Soothe in your Member Source Directory below. **HSI**

MEMBER SOURCE DIRECTORY

Peak Adrenal X6, NorthStar Nutritionals, PH: (888)856-1489; www.northstarnutritionals.com. One bottle of Peak Adrenal X6 normally costs just US\$49.95 plus shipping for a 60-count bottle, but HSI members are entitled an exclusive 10% discount. Simply use code G650Q102 when ordering. Product is not available in Austria, Australia, and Germany.

Acid Soothe, Enzymedica, PH: (888)918-1118; www.enzymedica.com. Acid Soothe costs US\$ 8.99 for a 30-count bottle and US\$24.99 for a 90-count bottle. HSI members can get special 25% savings when ordering from March 15, 2013 through May 31, 2014. Simply use code NLAS when ordering.

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